

## Depression session 5

Materials: Guide slides 1-11, Who's There for You, List of Pleasant Activities, Plan for the week

Topics	Materials	Advisor text
Introduction to the session	Guide 1 How depression works visual	<p>1. You remember this diagram of how depression works. Bad things that have happened to you in the past, or current stresses, affect how you think about things and about yourself.</p> <p>2. These thoughts affect how you feel and how you feel affects how you act or behave.</p> <p>3. When you THINK bad or negative things you are going to have depressed feelings.</p> <p>4. When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.</p> <p>5. Today we are going to focus on how contacts with people can affect your mood.</p>
Review take home project progress	Guide 2 Take Home Project sheet Plan for the week List of Pleasant activities	<p>1. How have your moods been? Has anything happened that caused you to have negative thoughts? What negative thoughts did you have? <i>Help her revise.</i></p> <p>2. Did you meet your goal in your weekly plan? Did anything get in the way? What pleasant activities did you do? How did it affect your mood? Did you enjoy it as much as you expected?</p>
Depression and contacts with people	Guide 3	<p>1. Let's talk about how contacts with people can affect mood. When someone is depressed she often withdraws from people. She may not tell people what she likes or dislikes or when she does it may sound angry. She may be more sensitive to criticism.</p> <p>2. Which of these things are true for you? The way depression works, the more you are alone, the sadder and lonelier you will feel.</p>
Social Support	Guide 4	<p>1. Everybody needs someone they can count on. The name for the people you can rely on is your social support group. These might be family, friends, neighbors and others.</p> <p>2. Who are the people you count on; who is important to you? How does each of them serve as a support for you? <i>Start to fill in the social support form</i></p>
Specific needs for support network	Guide 5 Who's there for you?	<p>1. Everyone has different needs for support, and different people they turn to for different needs.</p> <p>2. Some are basic needs like helping out with money, looking after your kids, transportation or when you have a crisis. Who do you count on for these things?</p> <p>3. Sometimes you may need advice for where to get things, dealing with kids, or if you have a problem,. Who do you count on for these things?</p>

		4.You also need people to be with and have fun with. Who's there for you to talk to on the phone, to visit, to go out with? <i>Fill in responses and note gaps to discuss below.</i>
Keeping your support going	Guide 6	1.It's important that you find ways to keep these relationships going. Everybody needs people they can rely on, but relationships need to go two-ways. 2.You need to reach out to these people, by phone, by getting together, suggesting doing an activity together, by helping them out too. Do things get in the way of reaching out for you?
Things that get in the way of reaching out to others	Guide 7	1.Your thoughts may get in the way. Some women worry that other people will let them down. Or they worry that others will criticize them or put them down. These are thoughts that may need revising. 2. You may need to test out whether someone can be trusted. How would you do that ? 3. Sometimes you can't stay in touch with others because someone restricts your time like a family member or a jealous partner. Has that ever been true for you?
Being assertive	Guide 8	1.When there are gaps in your support group you need to fill them. <i>Review gaps in her support. Who can fill them?</i> You need to find new people or find ways to ask the people you already know for help. 2. Sometimes you need to learn to SAY what you really need or want. To get what you need, you need to be assertive. That means politely saying "no" when you really don't want to do something and not asking in a hostile way that might put people off. Don't assume people know what you need. 3.If it is hard for you to be assertive, practice asking for what you want. How do you feel when you have to ask for something? <i>Refer to a gap on the list or have her think of something she needs to ask for and practice with her.</i> You can practice in your head. Think of how someone whose style you like might say it.
Meeting new people	Guide 9	1.Sometimes your support group is not big enough or the people you know don't make you feel good about yourself. Then it might be a good idea to reach out to new people so you have more people who can be helpful to you, more people to go out with, and to give you new ideas.
Places to meet new people	Guide 10	1.The best way to meet people is to do an activity that you like doing where other people will be too. Activities where you might get to know people are at Church functions, at your child's school or daycare, at the community center or library, at family reunions. 2. When you are meeting new people it is important to keep yourself safe while you are finding out if you can trust them. What are things you can do to keep yourself safe? <i>Explore how she can arrange meeting with new people that assure her safety.</i>
Review Take Home	Guide 11 Take Home	1.This week I want you to ask someone to do an activity with you or do an activity where you might meet people. Who will you ask? When will you go? <i>(practice asking, if she needs help with this)</i> Keep

Project plan	Project sheet Plan for the week	<p>track of your mood that day. Let's add it to your Plan for the week.</p> <p>2. Plan another pleasant activity. Check off other pleasant activities you do.</p> <p>3. Practice asking for help with a need. What need? Who will you ask?</p> <p>How are you feeling about today's session? I look forward to hearing how you do with goals.</p>
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